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**Hanover Rotary Club Minutes**

**12/15/21 Weekly Meeting**

Penny called the meeting to order at 6:58 PM.

**Blessing: Holly**

**Pledge:**

**Attending Members:** Ed Via, Michelle, Robert, Glenn, Holly, Robert, Janice, Ken, Penny, Mike, Mike & Rachel Swinford, Canova, Arnie, Judson, Sanjeev, Harvey Selden

**Honorary Rotarian:** None

**Visiting Rotarians:** Celeste Cohen

**Guests:** Janice Barnette, Robert’s wife; Carla Randolph, guest speaker

**Sergeant-at-Arms Report**: Mike gave a report; there are a bunch of Rotarians present 17, 2 guests

And a bathroom joke

**Happy/Sad Bucks:**

Penny is happy for a bridal shower for her friend upcoming Atlanta

Mike has sad dollars for his cell phone that went bust last night, and he lost his contacts

Glenn is happy because he has almost finished up peanuts sales

Mike says it was the best year for peanut sales ever.

Canova has sad bucks because the Christmas Party was over too early and he missed it!

**Rotary Minute:**

Ken gave a Rotary Minute – Hanover Rotary Foundation Board met on Dec 1 and made final fund distributions for the year. This year, in spite of no Shrimp and Suds, the foundation distributed $19,750 to most all the same entities including two new ones.

**Announcements:**

For the Service Project, collected enough money for 29 for wreaths

Wreaths Across America – December 18 at noon to lay wreaths at Cold Harbor Cemetery

We can purchase wreaths ahead of time to be laid at the cemetery.

Mechanicsville update on the sunshade project – Check donation ceremony at

Janice is collecting $ for the last-minute service project for seniors – contact her for more info.

This is the last meeting for the year. We will meet the first Wednesday in January.

**Program:**

Carla Randolph is our speaker. She is a substance abuse counsellor with her own practice called True to Self Counseling and Consulting and is a clinal therapist.

She was born and raised in Mechanicsville and is pleased to be here. She started her education wanting to be an audiologist at Radford, but when she did an internship at a Richmond Social work entity she found her passion helping with. She thinks people this social work is taking people’s kids but there is so much more than that. She is a substance abuse counsellor and there are various aspects to it. In the last 2 years, mental health has become more into the limelight. She encourages people to take some time for themselves and really look after their mental health. She has been very busy with people visiting her practice for anxiety and depression.

Mental health and Physical health go hand in hand. One impacts the other. She takes all insurance at her practice, including Medicare and Medicaid. She encourages people to use the EAP (Employer Assistance Program) at their company and possibly get free sessions. Therapy can help everyone – not just people who are crazy! It’s important for people to take care of themselves and do something for themselves on a daily, if not weekly basis. Call the number on the back of the insurance card who can connect you with someone.

She also provides support to inmates at the Warsaw facility. She has a contract with the federal public defender’s office. She loves working with them and is seeing progress with the inmates providing them support.

She encourages personal evaluation. Identify how are you feeling at different times of the day for a few days and see if there is a trend. Tracking helps to see what might trigger or cause the emotion. After identifying that, you can work on strategy to deal with that cause. Recognizing surface level trends can help with identifying the underlying cause.

After Judson led the Club in the 4-Way Test, Penny adjourned the meeting at 7:28 p.m.

Michelle Nelms